

# Yoga



# in the Park

The Community Recreation Healthy Living Program is pleased to offer:  
Outdoor Yoga this summer!

Great for those who would like to experience the benefits of practicing yoga in an open air setting. Suitable for all levels.

**Starting  
July 12**

*When:* Tuesdays during summer

7:00 – 8:00 PM

*Where:* Dutch Lake Community Centre Field

*Cost:* \$10 per class

*What to bring:* mat, water, blanket

(there will be extra mats available to borrow)

Drop in to class or prepay in person at the District of Clearwater

Office: 209 Dutch Lake Road

Need more info? Call 250-674-1878

